

Tempe Senior Scene...

...for all your senior moments!

SENIOR ADULT ACTIVITY CENTERS IN TEMPE

FALL 2012

See what Tempe has to offer East Valley seniors



The following pages will show you what Tempe has to offer to seniors in the East Valley.

If you are interested in card games, luncheons, movies, Bingo, exercise classes, special interest classes—you name it, we've got it!



The Pyle Adult Recreation Center is centrally located next to the Tempe Public Library and has fun social, and fitness activities. Join the Tempe Needleweilders and help to create hand-made items for charities or stop in for Bingo on Wednesdays.



Tempe Connections, a café and lecture facility in the library, aims to target the Baby Boom generation or any senior. There you will find classes to satisfy your lifelong learning objectives as well as volunteer opportunities galore.

To the north is North Tempe Senior Center where affordable congregate meals and Silver Sneakers exercise programs are offered by Tempe Community Action Agency. TCAA's Home Delivered Meals program is located at this facility.

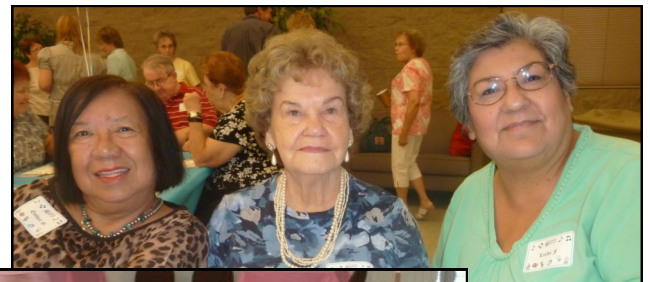
West of downtown Tempe you'll find Cahill Senior Center, which is a cozy neighborhood facility that packs in the fun for seniors.

The Escalante Senior Center is on the east side of Tempe in the Escalante Community Center. TCAA offers congregate meals with speakers and monthly special events.

Tempe's goal is to keep seniors active and engaged. There's something for everyone, so we hope you'll come and check us out!

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Dennis J. Cahill Senior Center



715 W 5th Street

Tempe, AZ 85281

(Located on 5th Street east of Hardy Drive in the Westside Community Center)

480-858-2420

www.tempe.gov/cahillseniorcenter

The Dennis J. Cahill Senior Center offers a fully-equipped fitness room, computers with internet access, luncheons, movies, special events and classes for adults, ages 50 years+.

Facility Hours

Monday—Friday 8:30am-2:30pm

The Center will be closed on Sept. 3, Nov. 12, 22, 23 and Dec. 25

Fitness Center

Monday—Friday 8:30am-7pm

BINGO

Mondays and Fridays
1pm

Bingo cards go on sale at 12:30pm. Cards are 50 cents each with a 6 card limit. Must be 18 or older to play.

New Release Movie

Join us every Wednesday at 11:15am for a FREE new release movie.

Fall 2012 Events at the Cahill Senior Center

Fall Carnival Luncheon

Join us under the “Big Top” for an Old Fashioned Carnival. Enjoy mysterious and captivating acts performed by a magician. Fee: \$5 for RTA members; \$6 for non-members.

Fri 9/21 11 a.m.

Halloween Party

Join us for a scary good time and come dressed in your spooky finest for our costume contest. Lunch menu: Chili con carne, corn bread, tossed green salad, and dessert. Fee: \$5 for RTA members; \$6 for non-members.

Fri 10/26 11 a.m.

Thanksgiving Luncheon

Gather with friends and give thanks at Cahill's Thanksgiving Day Feast. Menu: Roast turkey, dressing, mashed potatoes and gravy, vegetables, and pumpkin pie. Fee: \$6.50 for RTA members; \$7.50 for non-members. 480-858-2420

Fri 11/16 11 a.m.

Holiday Tea

Begin this holiday season with an elegant afternoon tea. Sample a variety of teas with delicate pastries and finger sandwiches. Entertainment by the Dickens Carolers. Fee \$9 for RTA members; \$10 for non-members. 480-858-2420

Fri 12/7 1 p.m.

Holiday Luncheon

Come for some holiday cheer with a meal of spiral cut ham, scalloped potatoes, green beans, salad, dinner roll, and dessert. Fee \$5 for RTA members; \$6 for non-members.

Fri 12/21 11 a.m.

Breakfast & Bunco

Join us for a delicious breakfast and a game of Bunco. Register by the Monday before each date. Fee: \$4 for RTA members; \$5 for non-members.

2nd Wed of each month 9 a.m.

Computer Seminar: Social Media (Facebook)

Presented by Jason Ake of Think Tank Solutions. Learn about the different social media websites, how they work, and tips to keep you safe. The first hour is instruction, the second hour is a question and answer period. Fee: None.

Th 10/18 9-11 a.m.

Crafts and Coffee with Sara

Join us on the third Wednesday of each month for coffee and crafting. Sara Johnson, Program Coordinator, will lead you through a different craft each month. Fee: \$4.

3rd Wednesday of the month at 9 a.m.

Cards, Coffee and Company

Join us on the 4th Wednesday of the month for a Coffee Bar with Bagels and Cream cheese. Followed by playing the game of the month and socializing. Fee: \$2.

4th Wednesday of the month at 9 a.m.

Cahill Senior Center Monthly Events Fall 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • 11:45am TCAA Lunch • 1pm BINGO 		<ul style="list-style-type: none"> • 9am Pokeno • 11:15am FREE Movie 		<ul style="list-style-type: none"> 11:30am \$3 Lunch • 1pm BINGO
<ul style="list-style-type: none"> • 11:45am TCAA Lunch • 1pm BINGO 		<ul style="list-style-type: none"> • 9am Breakfast & Bunco • 11:15am FREE Movie 		<ul style="list-style-type: none"> 11:30am \$3 Lunch • 1pm BINGO
<ul style="list-style-type: none"> • 11:45am TCAA Lunch • 1pm BINGO 		<ul style="list-style-type: none"> 9am Crafts & Coffee with Sara • 11:15am FREE Movie 	9am Computer Class	<ul style="list-style-type: none"> • 11am Special Event Luncheon • 1pm BINGO
<ul style="list-style-type: none"> • 11:45am TCAA Lunch Birthday Celebration • 1pm BINGO 		<ul style="list-style-type: none"> • 9am Cards, Coffee and Company • 11:15am FREE Movie 		<ul style="list-style-type: none"> • 11:30am \$3 Lunch • 1pm BINGO
<ul style="list-style-type: none"> • 11:45am TCAA Lunch • 1pm BINGO 	<p style="text-align: center;">Please call us at 480-858-2420 learn more about our programs and register. Pre-registration required for most programs.</p>			

Escalante Senior Center



The Escalante Senior Center offers a myriad of activities including instructor-led exercise/Zumba, a fitness room, computer classes, speakers, lunch, movies, games, field trips, special events and clubs.

Reserve lunch by calling (480) 350-5867-5872

by Noon the previous day.

2150 E. Orange St., Tempe, 85281

Hours: Tuesday-Friday, 8:00am-3:00pm

Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Escalante Senior Center closed Mondays	9:30 Exercise 10:30 Speaker/Event 10:45 Senior Council 10:45 Ride Choice 11:45 Lunch 12:45 \$Bingo\$	9:00 Movie 9:30 Walking Club 9:30 Craft Club 10:30 Readers Theatre 11:45 Lunch 12:30 Library	9:30 Zumba/Exercise 10:30 Speaker/Event 10:30 Craft Class 11:45 Lunch 12:45 \$Bingo\$	Check with the center For special activities.
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Escalante Senior Center's Special September Event

September 16, 1810, a priest named Miguel de Hidalgo proclaimed Mexico's Independence from Spain. From the church bell tower in the town of Delores, he started the revolt with the "cry of Delores". For 11 years, the people of Mexico fought for and won their independence.

Friday, September 14, 2012, the Escalante Senior Center will host Mexican Independence Day from 9:30 am-12:30 pm. Featured at the fiesta will be a mariachi band and lunch catered by Rosita's Fine Mexican Food Restaurant. Call (480) 350-5872 for reservations. Reservations will be taken until 09/08/12.



October Highlights



Say Goodbye to hot summer weather and welcome Autumn by signing up for our Readers Theatre held every Wednesday at 10:30 am. What a great way to express yourself and promote your favorite literary works! Another way to express yourself creatively is through the Craft Club, Wednesdays at 9:30 am. Share your ideas on beading, scrapbooking, knitting, and other crafts. And, get involved in the Escalante Senior Center Council to plan activities, entertainment and outings.

November Highlights



Circle Friday, November 16, 2012 on your calendar to attend Escalante Senior Center's Thanksgiving Luncheon. Other special November events include a silent auction, a food donation drive to benefit TCAA's food bank, and decorating for the upcoming holidays.



Pyle Adult Recreation Center



655 E. Southern Ave., Tempe, 85282

(SW Corner of Rural and Southern)

Front Desk: 480-350-5211

www.tempe.gov/pyle

The Pyle Adult Recreation Center is a recreation facility for adults, ages 18+ yrs. The building has a multi-purpose room, dance room, billiards room, fitness center and six class/meeting rooms. Pyle offers programs and classes for 50+ Monday through Friday, including exercise, dance and art. Social and educational programs are offered as well.

Facility Hours

Monday–Thursday	8 a.m.-9 p.m.
Friday	8 a.m.-5 p.m.
Saturday	9 a.m.-4 p.m.
Sunday	Closed

The Pyle Center will be closed on Sept. 3, Nov. 12, 22, 23, 24 and Dec. 25.

Retirees of Tempe Advisory Group (RTA)

The Retirees of Tempe Advisory is group sponsored by the City of Tempe Community Services Department and the Pyle Adult Recreation Center. The RTA advises Pyle staff regarding pro-

grams and events for those 50 years and older. RTA membership is \$5 per calendar year and provides members with discounts on lunches and other special events and activities.

Membership fees also defray the costs of playing cards and other items for free senior activities. To become a member, you must apply in person at the Pyle Center's Front Desk.

Pyle Fitness Center

Take advantage of a facility fully equipped for you!

Fitness Center Hours:

Mon.-Thurs.—8 a.m.-8:30 p.m.

Fri.—8 a.m.-4:30 p.m.

Sat.—9 a.m.-3:30 p.m.

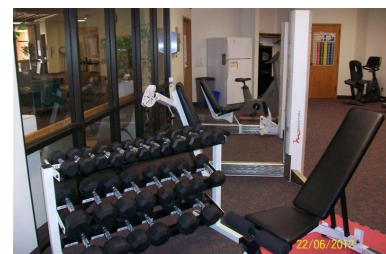
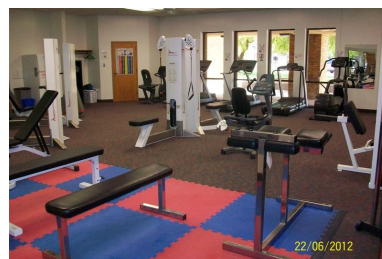
Memberships

One Month—\$15

Three Months—\$35

Six Months—\$55

Drop-in—\$2

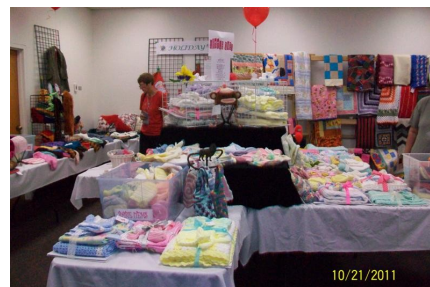


Get a jump on your holiday shopping at Pyle's Art and Craft Boutique. This popular annual event features dozens of artists and crafters who specialize in handmade items that are perfect gifts for family and friends as well as yourself! The show also offers food, entertainment and drawing prizes provided by Boutique vendors.

This is the biggest yearly event for the Tempe Needlewielders, who offer handmade quilts, knitted and crocheted baby and children's items as well as beautiful items for adults.

Hours for the Boutique will be:
Friday, October 19,
9 a.m. to 4 p.m.
Saturday, October 20,
9 a.m. to 3 p.m.

Don't miss this fun event!



Needlewielders "Store" at the Art & Craft Boutique

50+ Activities

For more information about any of the following, please call the Pyle front desk at 480-350-5211 or visit www.tempe.gov/pyle and click on *Roadrunner Chronicle*.

Wed., 1 p.m.; card sales begin at 12:15 p.m.; 50¢ per card; 6 card limit

Fri., 8:30 a.m.-12 p.m.

Mon., 8:30 a.m.-12 p.m.

Thurs., 1-4:30 p.m. (beginner/
intermediate)

Free movies: New Release movie
on Tuesdays at 12:30 p.m. and
Classic movie on Fridays at 12:30
p.m.

Wed., 9 a.m.-1 p.m.; Fri., 12:30-4:30 p.m. A program for current and past Pyle art class students.

Tues. & Thurs., 8:30 a.m.-3 p.m.

Tues. & Thurs., 8:30 a.m.-3 p.m.;
Fri., 12-3 p.m.

Fri., 12-3 p.m.

Mon., 3-5 p.m.; Tues. & Fri., 9-11
a.m. & 3-5 p.m.

Fri., 11 a.m.-4:30 p.m.

Mon., 12:30-5 p.m.

Tues., & Fri., 9-11 a.m.

GROUPS

Meets the last Friday of the month,
9-11 a.m.

Thursdays, 1-3 p.m. Discuss
books, events, movies, etc.

A fun group who enjoys good food and company. Meets one Friday each month at a different local restaurant. Call the Pyle Front Desk for more information.

KITCHEN BAND

Meets Mondays, 9:30-11:30 a.m.

Meets Wednesdays, 9:30-11:30
a.m.

Meets Tuesdays & Thursdays, 9 a.m.-1 p.m. Create handcrafted items for charity in a fun, social environment.

LUNCHES

First Thursday each month at 12 Noon.

Selected Thursdays each month at
11:30 a.m. Includes entertainment.

Last Thursday each month at 11:30 a.m.

Tuesdays at 11:30 a.m.

Pre-registration is required for all lunches. For schedule and menu information call the Pyle Front Desk at 480-350-5211.

North Tempe Senior Center



Open cards, games, billiards, TV, library and lounge

Special events occur monthly. Contact Senior Service Leader, Aileen Schmieder for more information about congregate lunches, events and activities—480-858-6512.

1555 N. Bridalwreath St., Tempe, 85281

Hours: Monday – Friday, 8:00am-3:00pm



NTSC Activity Calendar

Mon	Tue	Wed	Thu	Fri
9:30 SilverSneakers	10:30 Chair Exercise 11:45 Lunch 12:30 BINGO	9:30 SilverSneakers 10:30 Chair Exercise 11:00 Activity 11:45 Lunch	10:30 Chair Exercise 11:45 Lunch	9:30 SilverSneakers
9:30 SilverSneakers	10:30 Chair Exercise 11:45 Lunch 12:30 BINGO	9:30 SilverSneakers 10:30 Chair Exercise 11:00 Activity 11:45 Lunch	10:30 Chair Exercise 11:45 Lunch	9:30 SilverSneakers
9:30 SilverSneakers	10:30 Chair Exercise 11:45 Lunch 12:30 BINGO	9:30 SilverSneakers 10:30 Chair Exercise 11:00 Activity 11:45 Lunch	10:30 Chair Exercise 11:45 Lunch	9:30 SilverSneakers
9:30 SilverSneakers	10:30 Chair Exercise 11:45 Lunch 12:30 BINGO	9:30 SilverSneakers 10:30 Chair Exercise 11:00 Activity 11:45 Lunch	10:30 Chair Exercise 11:45 Lunch	9:30 SilverSneakers

Home Delivered Meals (HDM)

Tempe Community Action Agency's Home Delivered Meals program operates out of NTSC, Monday—Friday, 8:30am-10:00am. HDM welcomes volunteers to help package meals and drivers to deliver meals. For more information, call Kathy Flores at 480-858-6511.

September—Back To School—Lifelong Learning for Seniors

What is lifelong learning?

Lifelong learning is the process of keeping your mind and body engaged—at any age—by actively pursuing knowledge and experience.

"The real voyage of discovery consists not in seeking new lands, but in seeing with new eyes."

Marcel Proust.



The benefits of lifelong learning for adults 60+ are numerous.

- Keeps your mind sharp
- Improves memory
- Increases confidence
- Provides new interests to share with family/friends
- Offers opportunities to meet new people
- Chance to do things you always wanted to try, but never had the time or occasion to do so!

This Fall learning begins anew at the North Tempe Senior Center with an offering of learning opportunities that will enlighten and entertain.

Each learning session will be an hour in length unless otherwise stated.

Sept. 5-10:30am ABCD's of Medicare

Explains the differences among parts A,B,C, and D.

Sept. 7-10:30am Gardening 101— Get gardening basics from Master Gardener Dave Talley, the Escalante Community Garden Guy

Sept. 12-11:00am Phoenix Art Museum

Docent choice of one of the current Phoenix Art Museum Exhibitions presentation .

Sept. 19-11:00am Estate Planning

Louis A. Silverman, P.C., Silverman Law Offices

October—Fall is Filled with Fun

"THE AUTUMN LEAVES DRIFT BY THE WINDOW, THE AUTUMN LEAVES OF RED AND GOLD..."



A Fall Festival is a wonderful opportunity for people to get together and celebrate the changing of the seasons, while taking part in a variety of carnival games and eating fun fall food fare! The North Tempe Senior Center carnival will feature classic games such as ring toss, balloon darts, the ping-pong pitch and much more. Finger foods will be available as you walk the midway —popcorn, mini-dogs and candy corn.

Fall Festival at North Tempe

Date: Wednesday, October 31st

Time: 11:00am

Sign up required for this event by Friday, October 26th

Call Aileen at 480-858-6512 or come by the North Tempe Senior Center front desk/lobby.

November—An Abundance of Activities

Veterans Day This holiday originally was called Armistice Day and was first celebrated in 1921. In 1954, President Eisenhower changed it to Veterans Day in honor of those who served and died from all wars.

November 7th 11:00am
Veterans Day History
Presentation

Thanksgiving In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't un-

til 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November. In honor of this great tradition join us at the NTSC for a "Thanksgiving meal." *

*** Meal date announcement coming soon**



tempe connections

PURPOSE PROGRAMS PARTICIPATION | BREWED IN ONE PLACE

At the Tempe Public Library

3500 S. Rural Road

Tempe, AZ 85282

Tempe Connections seeks to enrich the community by providing adults with opportunities to discover new purpose through access to a wide range of learning programs and volunteer participation. The program targets people 50+, but is open to adults of all ages.

The Veteran's History Project: A program to preserve the remembrances of American war veterans and civilian workers who supported them.

vhp@tempeconnections.org , Larry Conway 480-352-1466

Experience Corps: Volunteer tutors work one-on-one with first through third grade students to improve literacy. A program expansion will serve more Tempe students this fall. Seeking volunteers for the upcoming school year. Peggy Goldberg 480-858-2465

Academic Connections: In partnership with the ASU Osher Lifelong Learning Institute, we offer college level courses taught by ASU Emeritus/Emerita faculty, community college professors and career professionals. Fall classes begin mid-September and include:

- An Academic Understanding of International Culture for Travel and News Events
- The LHC: Particle Physics on the Higgs Frontier
- Arizona's Experiment in Democracy: The Initiative, Referendum, and Recall. Are They Worthwhile?
- Vocal Jazz Appreciation
- Spiritual But Not Religious
- Understanding New Media
- History Detectives
- The Arab Spring, Spanish Style
- Renoir and Monet: Their Lives and Their Art
- A House Still Divided: The Rise of Anti-government and Radical Movements in the U.S.
- Taking Control of your PC: Conquering Files and Folders
- Soldier Cinema: 20th and 21st Century Film Warriors
- So What Makes That So Great? How a Film Becomes a Classic

<http://lifelonglearning.asu.edu> for dates, fees & registration
Jolene Gosling 480-350-5490

Tempe Connections, Connections Café & Friends' Bookstore
are programs of and supported by:

friends 
of the Tempe Public Library



friends

of the Tempe Public Library

BOOKSTORE

BOOKSTORE HOURS

Sun: Noon-4pm

Mon: 10-4pm

T/W/Th: 10-7pm

Fri: 11-4pm

Sun: 11-4pm



Friends' Bookstore is located just inside the main doors of the Tempe Library. Donated books from our community and local businesses are sold at bargain prices, most less than \$1. Store profits go back to the library to fund programs and services. Volunteers process and stock gently used books, assist shoppers and record cash and credit sales. Interested in volunteering in an interesting and fun environment? Contact Mollie Connelly 480-350-5491.

connections

café

CAFÉ HOURS

Sun: Noon-4pm

Mon: 10-5pm

T/W/Th: 10-7pm

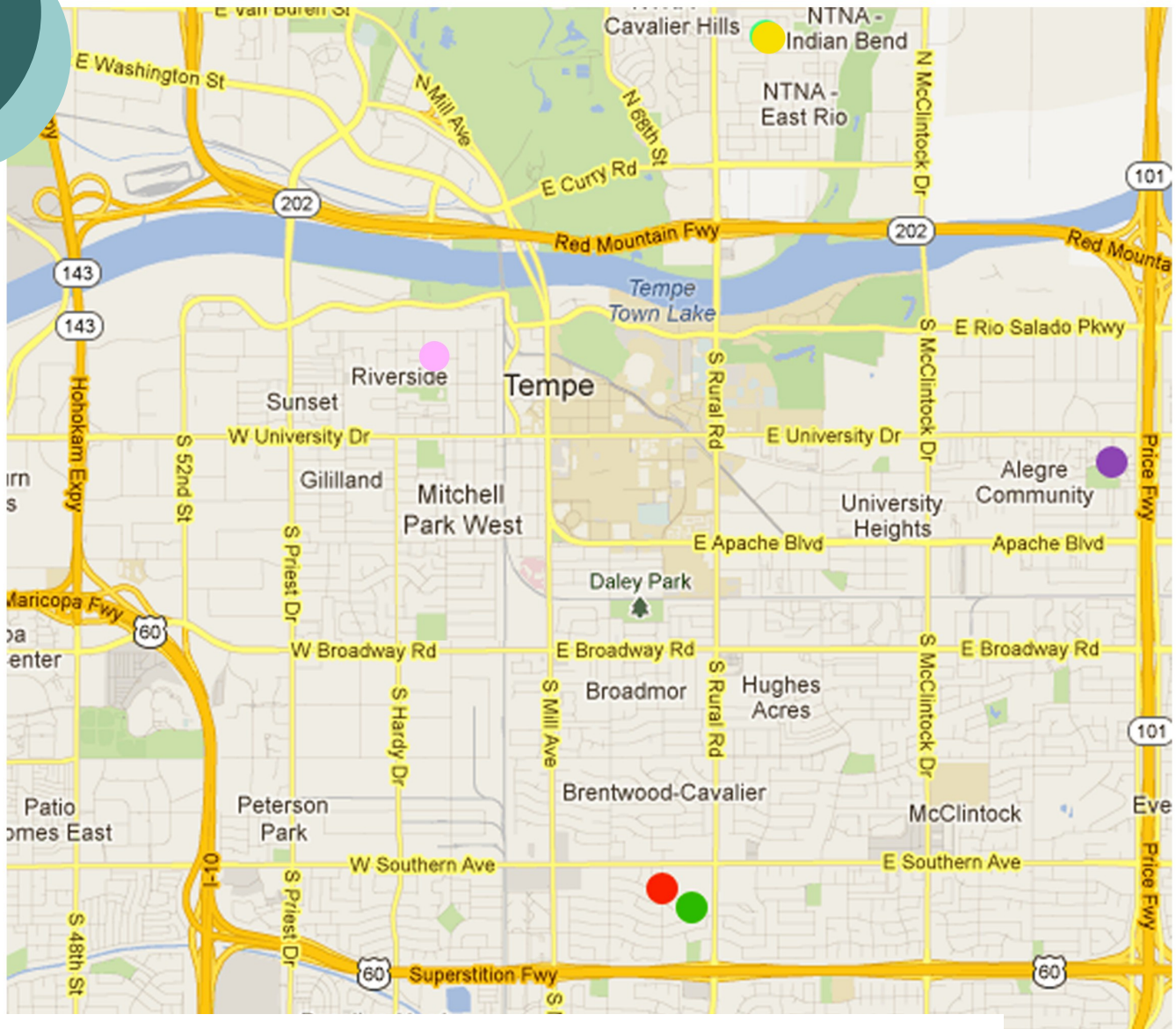
Fri/Sat : 10:30-4pm



On the main floor of the Tempe Public Library, this full service coffee bar offers a variety of caffeine and specialty drinks as well as a light menu of pastries, sandwiches and snacks. This is a place for library patrons and Tempe residents of all ages to connect, converse and contribute to the community. Café purchases support the programming and volunteer activities of the Friends of the Tempe Public Library.

For more information, visit www.tempefriends.org Or call 480-350-5490

Tempe Senior Activity Center Locations



City of Tempe Resources

- North Tempe Multi-Generational Center - 1555 North Bridalwreath Street, Tempe, AZ 85281
- Tempe Public Library - 3500 South Rural Road, Tempe, AZ, 85282
- Escalante Community Center - 2150 East Orange Avenue, Tempe, AZ, 85281
- Cahill Senior Center (Westside) - 715 West 5th Street, Tempe, AZ, 85281
- Pyle Adult Recreation Center - 655 East Southern Avenue, Tempe, AZ, 85282